with the intake of the amino acid phenylalanine. Each step in the production of melanin requires certain nutritional components and particular minerals and vitamins, including B vitamins, pyridoxine, copper, riboflavin, pantothenic acid, tyrosine and/or phenylalanine. Each biochemical reaction in the chain is controlled by a specific enzyme. If all the essential enzymes, vitamins and minerals are present, the pigment melanin is produced in considerable quantities. Melanin is produced and the individual has dark skin, black hair, and brown eyes. If any of the enzymes or nutrients are deficient or relatively inactive, the individual manifests a pale skin color. Hair will be light or blond, and eyes will be hazel or blue. The occurrence of a state of de-pigmentation is directly related to the genetic inability to produce sufficient amounts of melanin.

Melanin is produced not only by melanocytes; melanin has been discovered in and found to be produced by mast cells, which are a component of the blood stream. At present, the reason for melanin production in the mast cells is not clear. Melanin is also produced in the nervous system and brain, but without the aid of melanocytes.

Types of Melanin

Melanin is always contained in a small battery cell known as a melanosome. Melanosomes are contained within the larger cell structure of melanin known as a melanocyte. The degree of blackness of various organs or melanin centers throughout the body of the melanin-dominant individual depends upon catalyst concentration, catalyst chemical reactivity or catalyst electrical charge, and the type of melanin and its weight.

There are three major types of melanin: **eumelain** has a very high electrical charge, it is quite concentrated in its molecular weight and density, and is extremely absorbent. It gives the appearance of the colors dark brown and blue black. A less dense form of melanin with a lower molecular weight and lower capacity to absorb and store energy is known a **pheomelanin** or **psuedomelanin**. Pheomelanin gives more of the yellowish brown and slightly reddish tints to the skin

and hair. It has been determined that individuals with no melanin have far more cancers and genetic disorders than do individuals possessing pheomelanin. It, also, has been concluded that individuals possessing pheomelanin have more diseases, disorders and genetic deformities than do individuals possessing eumelanin. **Neuromelanin** is the dark pigment present in the pigment bearing neurons of the four nuclei, deep in the brain. In Huemans™, these nuclei are not pigmented at the time of birth, but develop pigmentation during maturation to adulthood. The functional nature of neuromelanin in the brain is not yet thoroughly understood. The pigment is made from oxyradical metabolites monoamine neurotransmitters including dopamine and norepinephrine and not from tyrosine. Evidence indicates that neuromelanin also conduct electron, photon, and phonon energy.

Six types of melanin have been identified and classified from one to six based on concentration and activity. **Type 1** individuals usually have extremely pale or white skin and produce very little melanin. They have blue eyes, blond or very red hair and often have freckles. They have a Celtic background and usually originate from Irish, Scottish, or Welsh heritage.

Melanin **Types 2 and 3** are also associated with what anthropologists identify as the melanin-recessive variant. **Type 4** individuals, however, are lightly tanned, and their skin color ranges from pale yellow to a ruddy red. Japanese, Chinese, Italians, Greeks, Spanish and Red Indians belong to this type. Their production of pheomelanin is of a moderate level, and they present a moderate risk for the development of skin disorders and organ imbalances.

Type 5 and 6 individuals range from brown skinned to very black-skinned. Melanin 5 is found in ethnic groups such as Mexicans, Malaysians, Puerto Ricans, and certain other Spanish-speaking people.

Type 6, or true eumelanin, is found in Egyptians, Ethiopians, Nigerians, American Africans and Australian Aborigines. They always have black hair and very dark brown to black eyes. Their incidence of skin abnormalities and other aging phenomena is very rare and slow to develop under normal conditions.

One of the main nutrients that is a precursor or foundation for

melanin production is tyrosine. The body, specifically the melanocyte, must contain the enzyme known as **tyrosinase**, and the element **copper**, to be enabled to utilize tyrosine to produce melanin. We can see that the melanin-dominant individual has a definite need for certain amino acids (when compared to other individuals) and definitely requires certain mineral nutrients at a higher concentration than those who are melanin-recessive. Here again, **the nutritional requirements of one group with a consistent level of melanin production CANNOT become the standard nutritional requirements for another group of individuals who consistently demonstrate a different degree of melanin production.**

Many melanin-recessive groups cannot tolerate ingestion of high concentrations of the amino acid phenylalanine. The excess ingestion of phenylalanine produces an increase of the blood cell known as eosinophils. An excess of these particular white blood cells can produce a unique form of leukemia. Therefore melanin-recessive individuals must monitor their ingestion of phenylalanine. This cautionary measure has not been identified to be necessary in individuals who are pheo-melaninated or eumelaninated.

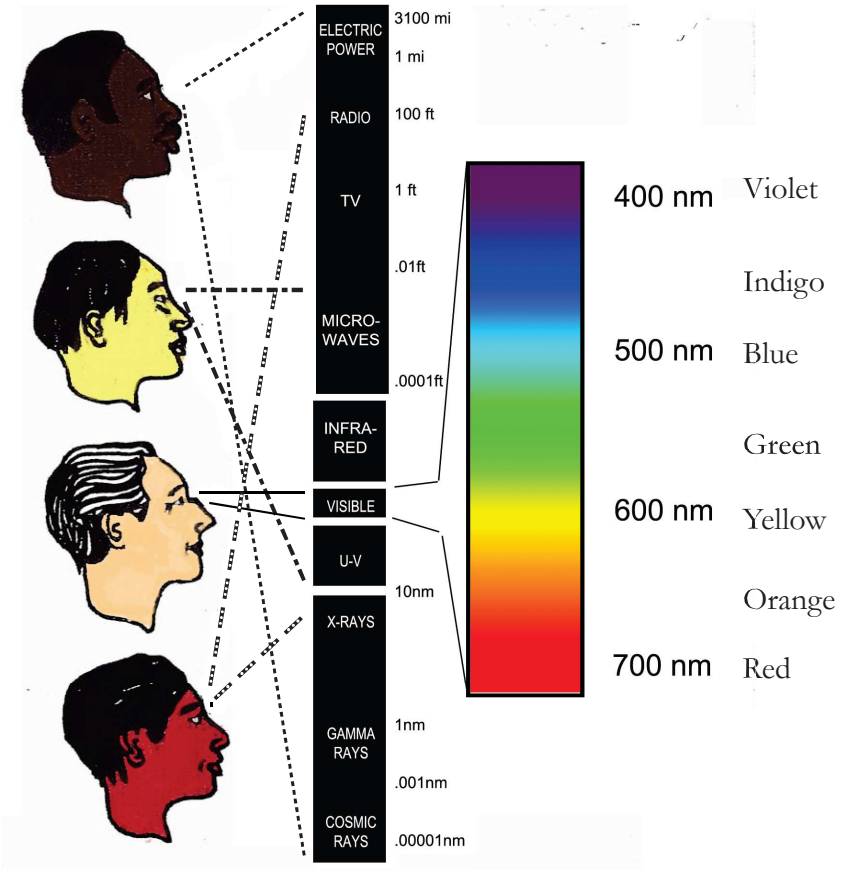
There are four primary pathways that can produce melanin using different amino acids and the breakdown products from various amino acids. These are:

1. Tyrosine
2. Phenylalanine
3. Cysteine
4. Neuromelanins

The use of the amino acid tyrosine is the major pathway. Foods that have been identified as containing the amino acids phenylalanine; or tyrosine will always provide the initial building blocks for melanin production. Foods that contain high concentration of these amino acids are: bananas, grapes, mushrooms, and dark green leafy vegetables.

THE VISIBLE LIGHT SPECTRUM
(Electromagnetic Spectrum)

Please study this chart very, very intently. This chart is a numerical and pictorial demonstration of photonic vibration rates for each primary race variant presently on the planet earth. This chart demonstrates various spectrums of photon activity innately perceivable by each Hueman™ variant.



For example: The photon frequencies between 400-700 nanometers known as the Visible Light Spectrum is the standard photon movement (vibration) of the light particles composing the

melanin-recessives body. Said scientifically 400-700 nanometers are the standard photon movement of the atomic-light particles of the melanin-recessives electromagnetic structure. For the melanin-recessive to innately perceive other frequencies of light, which is synonymous to moving into another reality, would require the melanin-recessive to consciously increase or decrease the rate of movement of the photons composing their body.

Usually this is achieved by the use of an external agent; medication, or the application of intense bombardment of their bodies with more energy, such as color, sound etc.

The abilities of the melanin-recessive to directly interact with broader ranges of the electromagnetic spectrum, requires this variant to create a transducer and/or amplifying mechanism which will decrease or increase the photons within the electromagnetic spectrum moving slower or more rapidly than the visual spectrum of light. The transducer or amplifying mechanism would bring into "parallel space" the photons moving more rapidly or slower than that within the space occupying the perceived visible spectrum; without losing the specific quality of the light now perceived as an extra Visible Light Spectrum agent. This is known as Artificial Extra Sensory Perception.

The technologic apparatus known as television, radio, microwave ovens, etc., do this. Without these Artificial Extra Sensory Perceptive boxes, The melanin-recessive race would not be able to perceive these extra Visible Light Spectrum frequencies that are other realities. In ancient Egyptian (African), Sanskrit (India) and Mayan (Indian) variant cultures, their historic writings and pictorial records clearly indicate that they were innately aware of, interacted with, and utilized television, radio, infra-red, and x-ray frequencies within their own physical bodies, without the use of exterior mechanisms or machines.

Melanin is an innate receptor of radio waves (sound waves). Melanin-dominant individuals have melanin implanted in 12 sites in the brain as compared to the melanin-recessive individuals who only have 4 sites of melanin implanted in the brain. Based on these numbers, the innate capability to neurologically receive and process radio waves is 2/3 greater than that of melanin-recessive individuals.